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Roberta Nichol a
fixture in city's folk
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SPEAKING OUT

**FISHING TO IMPROVE
LAKES RICHES
COMBINATION MAY
TOLKNA SMITH P.5**



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READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

#ALAN B. ANDERSON

Ethnic diversity the focus of Settling Saskatchewan

When I first moved to Saskatchewan in 1968 to work in the sociology department at the University of Saskatchewan, I was intrigued by the many ethnic bloc settlements which formed the "cultural mosaic" of the province, and I soon embarked on research for my PhD. Research on ethnic persistence or change within these settlements is.



Alan B. Anderson

Over the span of almost five decades, I maintained a keen interest in ethnic settlements in Saskatchewan,

continually writing and lecturing on settlement histories for various state, provincial and national organizations. Then I was responsible for the ethnic settlement section of the Atlas of Saskatchewan (1998) and was the contributing editor on ethnic settlements and demography for the Encyclopedia of Saskatchewan (2005).

This work inevitably led to the idea of combining all that accumulated information into a single volume, the result is *Settling Saskatchewan*. While over time there have been quite a few books on the history of Saskatchewan, as well as numerous local community histories and occasional histories of particular ethnic groups, a comprehensive volume tying all these together

had not been produced. So my book of attempt to accomplish this in focusing specifically on the ethnic diversity of the Saskatchewan population, describing the historical development of ethnic and religious settlements and changing demographics.

The book takes the reader from an aboriginal settlement within what is today the Province of Saskatchewan, through the multitude of bloc settlements established by British ethnic groups, German and Ukrainian, Ukrainians, other Eastern European ethnic groups, French-Canadians and Scandinavian groups, to the most recent immigrants adding still more diversity to ethnic populations.

So read to learn about the remarkable ethnic origins of our people that settle

ments took place between English and French ancestry that most people of German origin arrived and from Germany but from Eastern European settlements, that not less than 30 French settlements were established primarily by immigrants direct from Europe rather than from Quebec, that vast areas of Saskatchewan were incorporated into Ukrainian and planned German settlements that Welsh settlers came all the way from Argentina and Black settlers from Utahans. Indeed the increasing diversity of the Saskatchewan population makes for a fascinating and contrasting story.

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ON THE COVER P. 5



Donna Smith helps keep history lighting the LGBTQ (Lesbian, gay, bisexual and transgender) rights within the historic neighbourhood in Regina. QC PHOTO BY DON HEALY

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MUSIC P. 12



Roberta Nicol has been a folk singer-songwriter for five decades. She is releasing two new albums this summer. QC PHOTO BY KIMM SCHWARTZ

QC COVER PHOTO BY DON HEALY

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IN THE CITY

JUNE 7, 2014 — 3:11 P.M.

A wild ride



A performer stands on a horse during the Wo Mi Sheng Circus held in the parking lot of the Nordgate Mall in Regene. GC PHOTO BY WENDU. #11

ON THE COVER

They can't discriminate against us on paper or we can take them to court, but it's still the slang people use ... — Donna Smith

RIGHTS FOR LESBIAN, GAY, BISEXUAL AND TRANSGENDER PEOPLE

'Saskatchewan still has work to do': Donna Smith



Mayor's Donna Smith has worked in Saskatchewan a labour movement since she was 16 and has a long history of fights for LGBT rights. "I just always love it when I fight for equality," she says in an interview.

By Ashley Martin

Last month, Michael Sam made his last openly gay athlete to be drafted to the National Football

League.

ESPN cameras were rolling as an emotional Sam received the news over the phone: his partner Vito Cammone at his side. The couple

celebrated with a kiss — a peck really — which was immediately less heated by the public. Across social media, people expressed outrage and disgust.

Russia passed a law last summer, under the guise of child protection, to censor pro-LGBT (lesbian, gay, bisexual and transgender) propaganda — or, in the Russian words, "non-

traditional sexual relations." The act provoked international attention leading up to the February Winter Olympics in Sochi.

Continued on Page 4

LGBT rights in Regina: A timeline

The following timeline is placed together largely from Neil Richards' works: 2005's *Celebrating A History of Diversity: Lesbian and Gay Life in Saskatchewan, 1971-2005*, and *Lesbian Photo Docs: Nine Decades' complete timeline* at <http://bitnary2.usask.ca/lesbichronology/>

1967

Dec. 21 — *Just for Minister's Pleasure*: Trudeau says it is not the place for the "state in the bedrooms of the nation"

1969

May 14 — *Canine acts*: introduces homosexual acts.

June 28

— The gay community in New York City protests police harassment and refusal of the Stonewall Inn, which marked the beginning of the public fight for gay rights.

1972

Feb. 15 — The first meeting of the city's gay community is held at Bob Murdoch's home. Its offshoots are the approp. Friendship Society, which evolves into the Gay and Lesbian Community of Regina (GLCR). It is Canada's oldest continuously running LGBT organization.

1975

April 8 — The University of Regina Student Union and CUPE Local 1466 sign Saskatchewan's first labour agreement prohibiting discrimination on the basis of sexual orientation.

1977

March 12 — The Saskatchewan Association for Human Rights sponsors "the largest gay rights demonstration ever held on the prairies" at the Saskatchewan Legislature, with 125 people attending.

1984

Nov. 12 — Attorney general Gary Lunn declares homosexuality as an effort to undermine and subvert traditional homosexuality in married living Saskatchewan people want.

1985

April 17 — Section 15 of the Canadian Charter of Rights and Freedoms, which guarantees equality, is enacted.

1988

Jan. 27 — A.I.O.S. Regina (Daily A.I.O.S. Regina South Saskatchewan) is incorporated.



Minister of government services Peter Shelley (left) speaks with Gordon Peak of the Saskatchewan Association of Human Rights on Saturday, March 12, 1977, at a demonstration for equal rights for homosexuals at the provincial legislature. (LEADERPOST FILE, COURTESY OF THE MARCH 12, 1977)



Regina's first Pride March took place on June 24, 1993, during the city's 100th birthday. While most participants from the first Pride March were in 1993, Alison Gray (right) was a parade participant, but the march was banned anyway without a permit. (LEADERPOST FILE, COURTESY OF THE MARCH 12, 1977)

LGBT rights in Regina: A timeline



Regina's second Pride March on June 22, 1991 saw 100 people shouting, "We're here, we're queer! We're not about to disappear!" LEADER-POST FILE PHOTO

1987

July 20 — Just as Minister Rob Andrew says Saskatchewan will not follow Manitoba's example in providing human rights protections to homosexuals and that there are more important problems

1988

March 1 — Premier Grant Devine reacts to NDP-Social Reform's declaration of gay, lesbian, bisexuality and transsexuals as "harmless victims." "For whatever reason they have to take from people, which is illegal and in my view immoral. I still have compassion but I don't condone the activity."

1989

June 18 — City Council problems
June 21-23 Lesbian/Gay/Trans Weekend by a vote of 6-4. After death threats to councillors, a meeting is called to rescind the proclamation. But Coun. Joe Morrison refuses to give the unanimous consent necessary "to be participating in my mind, has no place in this city," he says

June 24-25 — Regina holds its first Pride weekend.

1990

Jan. 18-19 — Police Chief Brian Besser refuses to issue a parade



Members of Regina's Gay and Lesbian Community hold their annual Pride Parade on June 24, 2006. Tim Bales speaks to a large group gathered on the front steps of the Legislature building after the parade. LEADER-POST FILE PHOTO

1991

May 14 — Regina's Imperial Court organization is established; the drag performers fundraise for charitable causes to this day

June 22 — The second Pride

March sees 100 people shouting, "We're here, we're queer, we're not about to disappear!"

1993

Feb. 9 — An Angus Reid poll reveals that 78 per cent of Saskatchewan

residents believe gay people should be protected from discrimination.

1995

June 22 — Saskatchewan becomes the seventh province to include sexual orientation in its

human rights legislation as well as passes 31-10 in the legislature

1996

April 14 — Police Chief Dwyer is found to have violated the right to freedom of expression in refusing to issue the permit for Pride Week in 1995. He resigns on April 22

1997

July — Regina's gay community presents a Queer Festival during the Missisquoi festival

1998

June — Gay people are protected from discrimination as sexual orientation is added to the Canadian Human Rights Act

1999

July 24-25 — City Council refuses to issue a declaration of the city's first full-length Pride week.

2000

June 8 — 50% vote 29-5 to declare marriage as the union of a man and a woman

June 18-19 — During Pride Week CTV's David Auld Denning asks a panel committee member whether the civic proclamation will pave the way for a Prodigy Week. He apologizes after public protest

LGBT rights in Regina: A timeline

Summer — The Gay and Lesbian Community of Regina (GLCR) moves to its current building at 2070 Broad St.

2000
March 22 — The Regina Police Service invites the GLCR to join as a partner to help ensure that the force reflects the city's needs and diversity of the city's communities.

April 11 — Same-sex couples are allowed the same social and tax benefits as heterosexual common-law couples.

June 24 — The first provincially sanctioned Pride Parade sees police Chief Cal Johnson and NDP MLA Mark Warburton speak.

2001
June 18 — At the request of Christian Truth Activists, Mayor Pat Lewis proclaims June 18 heterosexual family Pride Day.

July 8 — The provincial NDP/United coalition government passes legislation to ensure same-sex couples the same rights and responsibilities as common-law couples in areas relating to adoption, estates, pension entitlements. Five Saskatchewan Party MLAs oppose the amendments in the vote.

Sept. 9 — Bill Whitcuzz delivers anti-gay flyers to 3,000 homes.

2002
Oct. 22 — In the 2002 census, 34,206 Canadians say they live with a same-sex partner; 470 couples live in Saskatchewan.

2003
Feb. 19 — Whitcuzz appears before a human rights tribunal to answer complaints of discrimination against homosexuals when he distributed pamphlets claiming "harmful" sex to young children.

Nov. 27 — Larry Spence, alliance MP for Regina-Lanigan-Leslie Centre, says homosexuality should not be legislated. He is criticized as the party's family issues critic and withdrawn from the Alliance caucus.

2004
Nov. 3 — Five same-sex couples seek orders from the Court of Queen's Bench that the definition of marriage in Saskatchewan includes same-sex couples, neither the federal nor provincial government is the origin.

Nov. 8 — City Solicitor and Law Students become the first same-sex couple to be married in Saskatchewan.

2005
May 2 — A human rights tribunal orders Whitcuzz to pay \$17,000 in restitution for distributing anti-gay flyers in 2001 and 2002. He later files an appeal.

June 28 — Canada becomes the fourth nation to legally recognize same-sex marriage as full civil partners in Parliament. The bill is opposed by all 13 Conservative MPs from Saskatchewan.

July — Manitoba commissioner Onelle Michalski forces a Saskatoon human rights commission complaint for refusing to serve same-sex couples and must appear before a human rights tribunal.

2008
April 2 — A 19.91 video surfaces featuring MP Tom Lulworth making homophobic remarks. He apologizes, but declines invitation to any Pride events.

May 30 — Michalski is fined guilty of violating the Saskatchewan Human Rights Code for not performing same-sex marriage three years ago.

2011
Nov. 10 — The Court of Appeal unanimously decides that it is unconstitutional for marriage commissioners to turn away gay couples.

2013
Feb. 27 — The Supreme Court of Canada rules unanimously that Whitcuzz's inclusion in his anti-homosexuality pamphlets is unconstitutional by distributing pamphlets in 2001-02.

2014
April — The Saskatchewan Pro-Life Association's motion ends gay activist Peter Lulworth to speak at its convocation in Weyburn. Residents banded together his residence free of charge. Lulworth's assigned a partner to bar Lulworth from speaking. Lulworth was arrested days later as the U of W with Whitcuzz. They were handcuffed material about the so-called dangers of LGBT relationships.

Today — Bill C-279, which would include gender identity in the Criminal Code and protect transgender people from discrimination in the Canadian Human Rights Act, is tabled in the Senate.



The 14th annual parade marked the end of the Ride Parade on June 19, 2010. STEPHEN HARTMAN PHOTO BY TELEVISION



Anti-gay activists participated in the Queen's City Parade Parade in Regina on June 22, 2013. PHOT BY JAMES MILL



Matthew Bessie (shown on the back of a truck during the Ride Parade) held on June 22, 2013. PHOT BY JAMES MILL

There's just not enough gay people who are out publicly, so people can get a sense that we're just regular people, that we have lives and our sexual orientation is a small part of who we are — Smith

"It has to have been the labour movement, starting so young," said Smith. "I just always saw it and a fight for equality. It's a social movement and always fighting for the underdog."

"I don't understand why people aren't treated equally or that I really hate discrimination on any level for anybody."

After graduating from Marian High School, Smith's first job was as a receptionist for the Saskatchewan Government Employees Association (now SGEU).

She studied administration at the University of Regina, and later worked in women's studies.

Smith is a *Blackout Activist* — she's not afraid of the B word — and "I think from then, just the general human rights and activism became a big part of my life."

But a LGBT conference hosted by the Canadian Labour Congress in Montreal in 1989 helped focus her fight.

"We came back completely changed up. Completely charged up," said Kerry Barrett, who also attended the conference.

"It was kind of like a wake moment," said Smith. "When I left there I was just so empowered to work for equality for LGBT. It was just the different stories that people shared, people talking about the ways that they'd come, like on prison issues and then people talking about their struggles and their burden and the discrimination they faced and I just thought, 'This is something that I need to pursue, being from this community'."

♦ ♦ ♦ ♦

When Smith came out as a lesbian in 1988, her co-workers were fine with it. Her mother was accepting. Her three children were too young to know what it meant. Of course it was a shock for her husband of 19 years.

"Even though I was going to be super tough, I thought I should sort this out," said Smith. "I just came to the realization that (that) wasn't the life I wanted to live."

In 1989 she separated from her husband. They remain friends today. Though she had an easier time of



Wendy Deane says that if it wasn't Deane taking it all on, we wouldn't be where we are today as far as our community. And Kerry Barrett of Dora Smith QC works in solidarity.

if that some people, that's not to say it was easy.

"In 89, especially in small towns Saskatchewan, people just weren't out," said Smith. "I heard a lot of negative stuff about gay people so that makes you kind of think, 'OK, I don't want to be that.'"

But after returning from Montreal in 1989, she pushed the idea of a solidarity and Pride Committee to the Saskatchewan Federation of Labour.

Barrett was one of the first non-active members.

♦ ♦ ♦ ♦

"I really believe that if it wasn't Deane taking it all on, we wouldn't be where we are today as far as our community," said Barrett. "Our group has done a lot of those things that have been national impact," like fight for equal coverage and spousal benefits.

Barrett was one of the first non-active members.

I think she's achieved a tremendous amount in making sure that the question of LGBT issues aren't isolated as being 'over there' or someone else's issues to deal with. — Barb Byers



Dennis Smith: gaynews@shaw.ca

Today there are 14 members on the Solidarity and Pride Committee, which works to dispel stereotypes and make a better community for the LGBT people.

"I think she's achieved a tremendous amount in making sure that the question of LGBT issues aren't isolated as being 'over there' or someone else's issues to deal with," said Barb Byers, who was 2001 president when the committee was struck. "She's definitely reached out to all communities and said LGBT people are part of your community as well."

Smith started working at SRI in 2003 and has been able to help further LGBT rights in the workplace and in society.

She lobbied to get same-sex marriage legalized in 2005.

In 2011, she was a Regina and District Labour Council award for her work on the marriage commissioners reference, in which the Court of Appeal ruled it unconstitutional for a marriage commissioner to refuse to marry a same-sex couple on the grounds of religion.

Aside from her day job, Smith has served

on the Gay and Lesbian Community of Regina (GLCR) board and still helps organize "lavender dances" for the women in the club.

And in the activism vein, she's spent four years on CUPE's National Pink Triangle committee, she's a member of CUPE Social Justice's Committee Against Racism and Discrimination, and she works with Camp Freestyle a summer camp for LGBT youth.

She's always working to create more awareness of LGBT people in the community. She has spoken to nursing students about family diversity, to teach them how to speak to patients and families.

"Don't assume they have a heterosexual partner and don't assume that this is my sister or my cousin or my partner," said Smith. "You have to be open to respecting a family."

"She very clearly helps people understand that LGBT people are in our workplaces in our communities, in our families, and therefore I think about that up," said Byers. "Sometimes it can't be a public discussion

because people need to be challenged on their behaviour."

(She's been good at explaining issues in ways that people who come from the straight community may not know or may not think about or don't realize.")

But there's still work to do in Saskatchewan, which Smith says may be due to the community's size.

"Here things go up and still on a community in some sense. There's just not enough gay people who are out publicly so people can get a sense that we're just regular people, that we have lives and our sexual orientation is a small part of who we are. We work, we support the economy by going to restaurants, we go out to regular places. There's one gay bar in Regina, we don't go there [all the time]," said Smith.

"We're just all regular people and I guess the more you are people from the community out and about just doing their regular lives, I guess you just get more comfortable with it."

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MUSIC

SINGER-SONGWRITER

Nichol a fixture in Regina's folk community

By Ashley Martin

The first Regina Folk Festival was a two-day concert at Campus College, University of Saskatchewan Regina Campus, 40 years ago.

At age 16, Roberta Nichol was one of the youngest performers there.

Remember Dominion Road, the beloved songstress of the Buffalo Days annual fair?

From 1968 to '81 that was Nichol. And when you hear the words "Dominion ran into," you know that long-haired indie people I'm talking about, right?

Thank Nichol for the earnings.

The Regina woman has been performing for five decades, and engaging men longer.

Growing up in Coronation Park, there was always music on in the family's home.

Nichol's mom Audrey played piano and sang along to records she bought from the Black Exchange on South Railway Street.

From children's music to big band, to Bob Dylan, to Lisa and Sylvia Tyson, to Joan Baez, Nichol listened to all of it.

She's been singing in public since she was 10, at church or in choirs.

In Grade 8, her dad John came home with a 12 Fender guitar. Even though it was cracked on the front, it served its purpose and she learned the lessons.

In 1961, the summer before Grade 9, Nichol and two friends performed at stages around town for the annual 100 Buffalo Days.

At the first Regina Folk Festival, she was one of 10 songwriters and the Damp Tractors and Don Freed, and at the reality of the event.

It was just excitement. That, My girls, this is a folk festival in Regina," said Nichol.

She was an enthusiastic member of the Regina Folk Guild, singing and attending meetings of the Old Gold on South Albert Street during her high school years in Town College.

Folk Guild founder Dick Jack



After a 39-year hiatus from creating new work, singer-songwriter Roberta Nichol has a new album on the way. QC Photo by Brian Salsman

would laugh at her — "Gee, Roberta, you're not even legal." — she recalled "I was kind of a baby of the group, no question about that."

In Grade 12, she got a job at CHRC radio, recording a news in song show called *This Week Has Seven Days*.

Though she'd been singing from childhood she wanted to be a teacher when she grew up. In Grade 12 she changed her mind. She decided to be a singer.

Her mom talked her out of it. Get a teaching degree to fall back on, she said. But once Nichol earned her teaching certificate her mom had that advice. "Don't you ever stop singing."

Barring a few years' hiatus from teaching to tour, Nichol taught Grade 4 and music; her students would start every day singing. She retired from

teaching in 2000.

Her music career percolated over the years.

She played in a jug band, Boreday Band, with Peter Senekyn, Bob Evans and Georgina (Gretta) Arntsen.

Then she played on Cloudburst with the aforementioned group, plus Jack Senekyn, Ray Bell and Rich Eyring.

That was when Bryanton suggested they quit their day jobs to go on tour. "We all said, 'Oki!'"

They appeared on CBC's *Country West* variety show in 1994/95 and toured Western Canada with the Al Jan Sisters.

Nichol released her first album on cassette tape in 1981, which marked her first and last into songwriting. Her follow-up, *Lookin' At the Little*

was released on CD and tape in 1986. Three far 16 years, she came out with nothing new.

But lately Nichol found lyrics swimming around in her head, to the point that she'd have to rush home from walks with her beagle Grace to get a song down on paper.

Bryanton suggested she should do a new album and she agreed. "It's like a second childhood."

Now there are two albums on the way — one is a re-release called *Looking Back*.

The other is titled *It's All About The Journey*, named in honour of her partner Laraine Kasey who died of colorectal cancer in 2005 at age 40.

Nichol's subject matter ranges from her former students to her maternal grandparents (Angus and

Louise), to milestone birthdays (19's turning 84, and 19's revival 74's turning 80, to her pets and on and on.

"I'm not ready to go anywhere yet, but when you do look back, you think, 'Man, what a wonderful ride,' and you need to write about it."

The songs come to life with the help of her longtime friends and co-writers, Bryanton, Brenda and Senekyn. "I'm an Amand to have those guys in my life."

Also on the new album, Tara Seagle plays fiddle and Jason Hristov plays fiddle.

Catch Nichol at All Folks! Up in Marmora on July 5 and 6, and at her Regina CD release party Aug. 28 at the Exchange.

asash@leaderpost.com

Photo by QC Photo

ON THE SCENE

WOLFCOP BLOODY RED CARPET PARTY

Arrood

After a long wait, the Saskatchewan-made movie *WolfCop* debuted to two sold-out crowds in Regina on Friday night at Galaxy Cinemas.

Stars Leo Folland (who plays *WolfCop* himself Lou Garou) and Amy MacPhee (one of the show's police officer Tina Wexler) and writer/director Lowell Dean attended both screenings.

But the fun didn't stop there.

An official afterparty, the Bloody Red Carpet Party, was held at Bear Brothers Friday night. On the way in, people scooped out the wolf residue sheriff's car parked on South Street. Fans, cast and crew indulged the evening with liquor (no weed on which the catering included drinks) and music by *WolfCop* soundtrack contributors. Saskatchewan DJ/producer Victor and Varr covered hip-hop artist Del Gribenzer.

QC PHOTOS BY DON HEALY



1. Tim Rogers (left) and Cassie Thornton

10. Alexandra and Andrea Eban Thornton

2. Colleen Patterson (left) producer Hugh Patterson and George Patterson

11. Susan Gilliland, Margaret Willet, Flavina Lukon and Dorina Gelfowitz

3. Lavin Carleton and Kristine Nitzschenk

12. Irene and Mike Singleton

4. Shawn Basche and David Stofenstym

13. Richard Ziffle, Dawn Ziffle and Landon Ziffle

5. Kuno Ahrensman, Laura

14. Tracy and Gerald Demaree

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Pain in the butt

It appears that only pediatricians want to talk about anal fissures or hemorrhoids. But hemorrhoids and anal fissures affect a large portion of the population. It is estimated that 50 to 60 per cent of individuals will have hemorrhoids at some point in their lives. Many choose to suffer in silence, dealing with the pain and discomfort on their own, due to their embarrassment and unwillingness to seek a physician's help.

Those suffering from hemorrhoids often experience pain, itching, swelling and a burning sensation. Sitting for extended periods of time or on hard surfaces can be a dreadful experience. For some people, hemorrhoids can be a chronic, debilitating condition, something they live with on a daily basis. Although the cause of hemorrhoids has not yet been established, they have been attributed to many factors that include a lack of dietary fibre, chronic constipation or straining, and pregnancy.

You may be familiar with over the counter products that are marketed to help alleviate some of the symptoms that are associated with hemorrhoids. However, these products only provide short-term relief and require numerous applications. As well, few prescription medications are available, and many from supermarkets to topical gels that cause often come with unwanted side effects, such as headache or many applications.

Compounded medications are an alternative to these traditional treatment options. *Rachol Rocketts* are a good option for hemorrhoids and anal fissures. Their unique design allows the drug to remain in contact with the internal, as well as the external, hemorrhoid for an extended period of time (several days). Unlike other suppositories that often slip into the



Sitting can be a painful experience for people suffering from anal fissures or hemorrhoids.
Photo by Paul Macneil/Canada.com

rectum over time, the fixed end of the *Rachol Rockett* keeps the medication in place for approximately four to six hours and may require as little as a two day treatment course. Those who are medicated themselves that may help you to avoid the ultimate pain in the butt. The most important preventive measure is to avoid constipation by adequate intake of fibre in your diet, as well as drinking more water and fluid. Try to maintain an active lifestyle and avoid sitting for excessive periods of time.

Do you have a pain in the butt?

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The benefits of drinking tea

By Jessica Moss

L-P Specialty Products

You can soak with 4, you can take with it and you can even make smoothies with it! The love is growing rapidly each year in Canada, and part of the reason is the many reported health benefits. The antioxidants and high amounts of water in tea are two of the biggest reasons why the drink is so beneficial.

"From the actual tea plant you have white, green, black and oolong tea. Besides some of the things they look at with these teas are the benefits with regards to cancer, the heart, weight loss and the antioxidants inside," explained Julie Gilchrist, owner of the popular Regina tea shop Cuppa! T. "They're doing research out there that shows because the tea has high antioxidants in them, they help with regards to reducing some of the free radicals in the body, thus helping with some cancer patients."

According to a Health Canada study, for the average adult, moderate daily caffeine intake (levels of 400 mg/day) or less are not dangerous, nor do they present any negative side effects. For children, youth and women who are pregnant or nursing to become pregnant, it is important to check the maximum caffeine intake charts on the Health Canada website.

"The nurseries that tea is very high in caffeine, well, it's not. You can make it very high in caffeine, but it doesn't have to be," said Gilchrist. "It's not any higher than coffee to some people, say. Caffeine tea is a very bad rap, but in moderation it can actually be good for the body. It is a stimulant, so it can be good for your mind in a mild amount. It can get you going, help you wake up and even help you lose some weight. Moderation is the biggest thing. If you're drinking six pots a day, you're overdoing it."

If you're drinking black tea or green tea, they do contain larger amounts of caffeine, therefore, you need to use common sense with tea, the amount of caffeine can be easily controlled. For a child, you can make a very weak cup of tea by simply using less tea or steeping the bag for a shorter time.

The liquid in tea is a large part of its benefit to general health. Drinking tea has been proven in many studies to be as hydrating as water itself.

Fruit teas are also really high in vitamins and high in antioxidants. Things like rooibos teas have zero caffeine. Someone who is very sensitive to caffeine can still enjoy tea.

—Julie Gilchrist
Owner, Cuppa! T

"Fruit teas are also really high in vitamins and high in antioxidants. Things like rooibos teas have zero caffeine. Someone who is very sensitive to caffeine can still enjoy tea," Gilchrist said. "It's great as a night time thing, for people who don't want to give any caffeine to their kids and really good for the skin. It is also really forgiving. If you over-steep it, who cares, it doesn't get bitter. You can enjoy it cold or hot, and there is a large variety of flavours."

However, also known as herbal teas, don't actually come from the tea plant. Once you start drinking flavoured, it is important to learn about the herbs inside. Each herb benefits a different part of the body or ailment. Some herbal teas, like those with fennel and mint, act even as a natural digestion regulator.

Perhaps the most important benefit of drinking a cup of tea is the stress-relief and relaxation. When one sits down or interrupts their busy day to have a cup of tea, it is often just the pause they need. Whether it is a cup of caffeinated tea to wake you up in the morning, or a nice cup of chamomile to wind down your evening, tea has been proven to benefit the drinkers in moderation.

To try a variety of interesting teas, visit Gilchrist at Cuppa! T on 12th Avenue in Regina. For more information, visit www.cuppa.com.

wellness

Naturopathic doctors

provide healthcare options

With today's healthcare system, there is increased frustration and growing concerns that translate long wait times, shorter appointments and lack of access to medical doctors. Our healthcare system is under burdened, resulting in patients looking for more options. By the same token, these patients are becoming better educated about potential adverse effects of medications, and are looking to simply treat symptoms, and are gaining more knowledge about how a healthy diet, the environment, supplements, food intolerance and lifestyle play a very valuable role in health and wellness. Consumers are seeking health-care options and providers that can address their healthcare needs, such as naturopathic doctors.

Naturopathic doctors focus on disease prevention and improving overall health

by looking at the patient's overall being. Naturopathic medicine is a system of primary health care that addresses the health concerns of patients by working to find and treat the cause of illness using safe and effective treatment strategies. Naturopathic doctors

have an undergraduate degree, with necessary prerequisite courses then is currently followed by a four-year, full-time Naturopathic Medical program at an accredited college of naturopathic medicine. The training is rigorous and, upon graduation, candidates must sit and pass internationally recognized licensing exams. Upon successful completion of the process, a naturopathic doctor must apply for licensure/regulation within the province or state in which they wish to practice. Naturopathic medicine is a regulated health profession in two provinces,

including Saskatchewan. The Saskatchewan Association of Naturopathic Practitioners (SAMP) is responsible for regulating naturopathic doctors in Saskatchewan under The Naturopathy Act, first enacted back in 1954.

In this day of increasing interest and public demand for healthcare options, the SAMP's role is crucial to ensuring the public is aware of the education, training, knowledge and regulation of naturopathic doctors licensed by the SAMP to practice in the province of Saskatchewan. It is an important time for the SAMP and naturopathic doctors in Saskatchewan, as the Ministry of Health is in the process of considering amending The Naturopathy Act. The Naturopathy Act is antiquated and does not align with legislation and regulations governing other healthcare professionals in the province, as well as legislation regarding naturopathic doctors in other provinces. The proposed amendments to the act will bring it into alignment with the template framework of legislation that govern all other self-regulated health professions (including medical doctors, chiropractors, dentists, optometrists, etc.) in Saskatchewan.

Naturopathic doctors in other Canadian jurisdictions are able to practice to the full extent of their education and training, but The Naturopathy Act severely limits the practice ability of Saskatchewan naturopathic doctors. As a result, people are travelling out of the province in order to obtain care that could, and should, be provided in Saskatchewan.

Another key aspect of the proposed amendments is enhanced public protection that will clarify who is and is not a properly qualified naturopathic doctor. With the increased interest in a natural approach to health, there are a number of unregulated individuals claiming to be healthcare professionals who do not have the necessary education and training. Enhanced public protection will help ensure that such individuals do not use titles that create confusion, thus ensuring that the public is safe and is able to make informed choices about their health care.

Allowing naturopathic doctors to practice to the full extent of their education and training ensures public safety, and provides patients with greater healthcare tools and treatment options. For more information on naturopathic medicine and the SAMP or to find a naturopathic doctor, visit www.samp.ca.

SAMP: Some Quick Facts

The Saskatchewan Association of Naturopathic Practitioners (SAMP) is the self-governance body for Naturopathic Medicine in Saskatchewan.

- We license and regulate all Naturopathic Doctors (NDs) in our province.
- We ensure that all NDs are licensed and educated in order to be the highest standard.
- We enforce discipline and compliance in order to protect the interests of the public.
- As a public resource we provide information and provide resources on health topics and related laws.
- We work closely with the government to keep naturopathy on the regulatory agenda and to ensure the needs of the people of Saskatchewan.
- We work closely with the Canadian Association of Naturopathic Doctors (CAND).
- We are a member of the Regulatory Network, an inter-professional regulatory organization.
- We work with our NDs to help them to benefit the people of Saskatchewan.



www.samp.ca

SAMP
SASKATCHEWAN ASSOCIATION OF NATUROPATHIC PRACTITIONERS

Your Naturopathic Doctor is a Licensed health care professional

To learn more about "natural health doctors" a regulated profession contact the Saskatchewan Association of Naturopathic Practitioners.

SAMP

318 332-0955 or visit www.samp.ca

Naturopathic Medicine is a regulated health profession in Saskatchewan.

Play it safe

Doctors of Naturopathic Medicine

Dr. Julie Zepp Rutledge
Dr. Allison Ziegler
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Dr. Laura Stark

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Cathedral
CENTRE FOR WELLNESS

Is "Mea

By Jacqui Makely
For L.P. Specialty Products

If you're looking for a sweet, not only good for the planet, but you, you might want to consider Monday Maltless on Meat Free. An old concept that has not gained high profile, it's a sweet, gaining momentum in some areas, the globe.

The Maltless Monday movement, initiated during the First World War, was intended to conserve resources and reduce the impact of the war effort. It was reintroduced in 2002 by health reform.

In 2003, Paul McCartney and Mary McCormack, who were behind the Meat Free Monday

"I think many of us feel that environmental challenges," and it can be hard to know how to add through the advice about what we can do to make a meaningful contribution to a cleaner, more sustainable, healthier world."

McCartney, an animal rights supporter and vegetarian, became interested in supporting the weekly meat-free movement after reading a United Nations report called Livestock's Long Shadow, which stated that up to 18 per cent of greenhouse gases were caused by livestock production. "I started thinking 'What could be done about this?'" McCartney explained in his online video.

Suzanne Boudreau is the manager of Cathedral's Meat Free Monday campaign. "We've had at least one day a week with meat as a fun challenge with an adventurous goal that brings me friends, and getting people the opportunity to broaden the dietary horizons along the way," said Boudreau. "I think this is something to shout about."

Boudreau enthusiastically declared the benefits: "Participating in Meat Free Monday just one day a week can reduce your annual carbon

wellness

at Free Monday" for you?

to support that's
ok, it's good for
for Meat Free
Monday is
Monday being
stewy, but it's also
tastes and smells

meat was
We and we
of it. We are a
the consumption
off as a
me turned into an
the concept was
in delicious food

and his daughters,
celebrity status
movement.
case in the house
said McCartney.

footprint by as much as not driving your car for
an entire day and a fast month." Bernard also
pointed out that the amount of water it takes to
produce one hamburger can produce 15 veggie
burgers.

"The health benefits are also important. 'Going
part in Meat Free Monday,' explained Bernard,
"can reduce your risk of heart disease, cancer
and diabetes."

Currently, 30 per cent of the world's cereal
harvest, 80 per cent of the world's sugar used
for livestock and food production. As well, an
estimated 60 billion animals are slaughtered
each year for food, and so many people eat
meat, those numbers will rise. When the
growing human population outgrows our
ability to produce enough meat, more people will
go hungry.

The McCartney Meat Free Monday campaign
is seeking supporters, and Bernard actively
works to bring this message to the world. "Meat
Free Monday" communicates through its website,

social networks, monthly e-newsletters, and
through face-to-face meetings with schools,
businesses, churches and municipalities," explained
Bernard. "The aim is to address several complex
issues facing the world with one simple and
effective message. By having one meat-free day
a week, we can help to protect the planet and
our future while living a healthier lifestyle."

The idea has come out in support of this
"Meat Free Monday" lifestyle. The idea behind being a
flexitarian is mainly to encourage people to eat
less meat. "In 2011, 42 top celebrities and chefs,
including Robin Sweeney, José Pizarro, Tim
Allens, Teggy, Giorgio Locatelli and Woody
Horsman, contributed recipes to *The Meat Free
Monday Cookbook*," said Bernard.

So how can you get involved? "Take a look
at meatfreemondays.com for loads of delicious
meat-free recipes," said Bernard, "and check
out *The Meat Free Monday Cookbook* [US/
Canada edition, Kyle Books, 2013] and Mary
McCartney's *Plant-Based Protein: Cooking*
[US/Canada edition, Sterling Epicure, 2013]."

Continued on Page 21



Paul McCartney, along with
his daughters, Mary and
Stella, are enthusiastic
supporters of the Meat Free
Monday campaign.
(supplied photo)

Your Health Matters

Staying active, being smoke free, eating right and
regular screening for the prevention and early
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healthy lifestyle.

You can make a difference in your health.

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early detection, visit www.saskcancer.ca.



The Saskatchewan Cancer Agency operates prevention and early detection programs,
provides safe, quality cancer treatment and conducts innovative research.

Geocaching: the hunting season that never ends

By Matt Powers

For E.P. Specialty Products

Call it a high-tech game of hide-and-seek. Modern-day treasure hunters, armed with global positioning system (GPS) receivers, are staging treasure hunts across the city and around the province. Known as "geocaching," the new pastime sees participants log on to specialty websites, download coordinates for hidden treasures and trek out to locate the goods in hiding places ranging from a dense forest to a crowded market.

"Usually, when choosing a hiding spot, it is somewhere in which I want people to go and discover find was," said geocacher Linda Mushanski.

"Some caches might be in a spot that has some significance to it, like a school or a neighbourhood, or it could be a hidden little gem that most people aren't even aware is there," she said. "Usually people want them to be difficult to find — that's part of the challenge."

Mushanski first heard of the hobby notably in 2007 while on a two-month work term in the Yukon, she decided to give it a try. "It needed something to get out of my apartment and to get some exercise and for there to be a purpose for me to get out and go walking. That's how I got started, and now it has just become a very enjoyable hobby," Mushanski said.

Aside from GPS receivers, the ability to download a geocache app on a smart phone has increased the hobby's popularity. The Saskatchewan Geocaching Association (www.saskgeocaching.com) has developed an excitingly Mushanski estimate there are now approximately 450 and 650 caches within an 80-km radius of Regina, with the largest concentration of caches at Condo, Wisconsin trails, Lunenburg valley and the White Butte trails just north of White City.

Once a beginner has purchased a GPS unit or downloaded the geocache app, they are fun to an experienced geocacher such as Mushanski, who is willing to show them the ropes.

"It is fairly easy [to pick up]. The people that do the sport are very open and very helpful individuals with getting you started and giving you hints," Mushanski said.

On a recent hunt, Mushanski headed to a geocache just south of the Saskatchewan Institute of Applied Science and Technology. She had already downloaded the latitude and longitude of the cache; they were seeking from geocaching.com onto her GPS receiver.

"Most of the receivers will provide the direction and the distance to the cache. The GPS continues will bring you within four metres of what you are looking for, but sometimes it is the trick that can make things more difficult," said Mushanski, who has incorporated a number of websites from looking to cross-country skiing in her search of a geocache.

Each cache listed on geocaching.com is given a rating on its difficulty to find and the terrain. The one Mushanski



was searching for required geocaching bracelets made and side stepping muddy logs in the hopes something would catch her attention. What she found was a bright high-contrast box hidden amongst a cluster of trees.

"There are a variety of different sized geocaches, some are easier to spot than others. They can be hanging from a tree or hidden inside a plastic bottle. It all depends on the person hiding the cache; some can be really tricky," Mushanski said.

However, there are some rules. Every cache that is placed must be approved by someone with geocaching.com before it is posted on their website. "There are rules to follow such as not being on private land, and you cannot have it on such a way to a railroad," Mushanski said. "It has to be somewhere where it is safe where someone will not get hurt."

Caches are generally hidden in "upper-level containers" and hold a few small items such as keychains or collectibles.

After locating a cache, geocacher Linda Mushanski exchanges a small bracelet for the contents of the cache and makes an entry in the hidden logbook.

Photo by Matt Powers/LeaderPost

When the object is located, the discoverer must exchange a small bracelet for the contents of the cache and make an entry in the hidden logbook. Afterward, each visitor is supposed to put the cache back where it was found.

Although some geocachers enjoy collecting some of the small trinkets, most don't participate for the treasure. "What I enjoy most about it is hanging out with friends and family," said geocacher Renee Neve. "It is something anyone can do. It's fun to take an eight-year-old son, and we have fun doing it all the same time."

For more information on geocaching, log onto www.saskgeocaching.com or visit their Facebook page of Regina Geocachers.

Meat Free Monday

Continued from Page 15

Supporters can also sign up to receive the MFM e-newsletter for regular news updates, and help us spread the word.

On a local level, ask your workplace to promote Meat Free Monday and enjoy additional meat-free options on Mondays. You can also suggest that your school/your child's school consider Meat Free Monday as a global citizenship project.

Other suggestions include hosting a co-worker to a meat-free lunch or having a meat-free potluck each Monday. You can also sign up to help at Meat Free Monday, or ask your favourite restaurant/venue if it would create a special menu or offer discounts and offers on meat-free meals on Mondays.

Meat Free Monday is a fun and easy way to save money, improve your health, help combat world hunger and reduce your carbon footprint. One day a week can make a world of differences.

Meat Free Monday is something everyone can take part in. **Beet Beetness**, "It's positive, fun, you'll feel healthier and know you're doing something to help the planet." Check out McGarity's Meat Free Monday website at www.mfmonday.com/en/age.aspx

Old Fashion Foods is your summer headquarters

L-P Specialty Products

It's that time of year again! Summer is upon us, and Old Fashion Foods has everything you need to make the most of it.

Old Fashion Foods carries a wide selection of sugar-free and naturally sweetened desserts to help keep you cool while relaxing on the patio or sun tanning on the beach. They also feature Regina's largest collection of organic, natural and specialty store-line items to protect your skin on those hot summer days, including everything from sunscreen, sun care gels, lotions and creams to mosquito repellents, insect and ticks.

With a tantalizing selection of swimming apparel, swimwear and accessories, Old Fashion Foods is the No

1 stop for everything grilled. And while backyard BBQ would be complete without dessert! From lactose-free options — including almond and coconut milk ice cream and sorbet — to gluten-free cakes, sun-kissed bagels and more, Old Fashion Foods has something to satisfy everyone's sweet tooth.

Be sure to stop by one of Old Fashion Foods' five Regina locations or the one in Weyburn this summer, and enjoy the hottest deals of the year. Old Fashion Foods is proud to offer their unbeatable price-match guarantee; they will meet any Regina competitor's price on any in-stock product they have in stock. As well, the end of May of every month is Customer Appreciation Day, featuring 15 percent off everything in the store. For more information on other deals, special

offers, summer health tips and more, visit www.olfashionfoods.com and like them on Facebook.

Old Fashion Foods is dedicated to serving the community and intends everyone to be happy, healthy and safe this summer. In addition to donating to local charities, Old Fashion Foods is honoured to bring world renowned speakers and industry leaders to Regina to help keep their customers up to date and informed on all the latest products, tips and breakthroughs in the world of health. For two years, Old Fashion Foods has been educating the community with the Pulse of Health Expo. They would like to thank everyone involved for all their help and, of course, their customers for making this year's expo a complete success.

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wellness

Rx PharmaChoice

Sunscreen-Fact or Fiction?

- 1) You do not have to reapply sunscreen if it says that it is "waterproof" or has "all day protection".

FICTION. No sunscreen is completely waterproof. They are usually water resistant and should be reapplied every 2 hours or sooner if you have been swimming or sweating a lot.

- 2) You should apply your sunscreen 15-30 minutes before you go outside in the sun.

FACT. It takes time for the sunscreen to be absorbed by your skin. If you wait until you are already outside or show signs of getting red, you are at risk for getting a sunburn.

- 3) You can't get a sunburn on a cloudy day.

FICTION. Clouds don't block the UV rays that cause sunburn, so you can still get a sunburn when it is cloudy. Since UV rays can be reflected off of water, sand, snow and concrete, you can even get a sunburn in the shade.

- 4) You need to wear sunscreen if you have dark skin or already have a tan.

FACT. Everyone should use a broad spectrum sunscreen all of the time when they are going to be out in the sun. Even people who rarely burn should wear sunscreen to prevent sun damage. A "base tan" isn't a substitute for sunscreen.

Come and speak to a Pharmachoice Pharmacist about which sunscreen is best for you.

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Advice for Life

For information only it should not be a substitute for Medical Care
Always consult with your Medical Physician on any health related issues

SHARP EATS

See a food trend you think deserves a highlight? Email QC@leaderpost.com or visit us on Facebook

#SASKATCHEWAN FOOD SCENE

Local chefs cooking up ways to help food bank



Thomas Brown of Wild Cuisine, catering in the Saskatoon Farmers' Market and the Wild Italian Relish Pasta dish (left) he created for the Catch-A-Pasta Pasta Fire cookbook that supports the Saskatoon Food Bank. QC PHOTO BY MICHELLE NG

By Jenn Sharp

Life gets busy in the summer. That spells bad news for food banks.

Dinner always drops off in the summer months as people are gone on holidays or busy with activities. A fire cookbook was released this

spring to help combat the problem. Catch-A-Pasta teamed up with chefs in 13 cities to make the Catch-A-Pasta Pasta Fire cookbook. The chefs created a gourmet dish using Catch's pasta and five affordable ingredients that weren't hard to find.

In Saskatoon, Wild Cuisine Cater

ing's Thomas Brown, made a Wild Italian Relish Pasta dish.

"I like Catch's pasta to begin with and I thought it would be nice to do a more little healthy take on it," he says. Brown used run cauliflower, garlic, garlic, chili and Havarti cheese.

"My trick was to keep it within a

budget — not everyone has lots of money to spend on fancy dinners."

The cookbook is one part of Catch's outreach campaign called Help Us Feed the Hope. Every box of Catch's pasta bought at a Participated Co-op in Western Canada, a portion of pasta will be donated to the food

bank.

A portion of pasta will be also be donated for each "like" on Catch's Facebook page. There are currently over 85,000 likes on the page — the goal is to reach one million by the end of June.

Continued on Page 24



Next week in QC

Regina music teacher
Chris Hamilton takes
his Good Buddies Blues
Band on the road to play
in Chicago

The Big Apple Raffle

Experience New York City for 5 days and 4 nights!



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Draw Date:

July 25th 2014

EVENTS

What you need to know to plan your week.
Send events to QC@leaderpost.com

MUSIC

Wednesday, June 11

Jazzfest free stage
Afternoon, Victoria Park

Wednesday Night Folk: John Van Geld Trio
Buchwalter, 2206 Dewdney

Wayback Wednesdays with Les and Gabe
McKully's, 2226 Dewdney Ave

Engelbert Humperdinck
Casino Regina Show Lounge
1610 Saskatchewan Dr

Thursday, June 12

Jazzfest free stage
Afternoon, Victoria Park

Synchronicity Jazz
7:30 p.m., Creative City Centre
1631 Hamilton St.

Filipmode
Featuring The Burns and
guests 9 p.m., Filip Eatery,
1270 Hamilton St.

Library Voices, Desplacado, The Extremists
The Exchange, 2431 Eighth Ave.

Belle Plaine
7 p.m., Buchwalter

Drunken Super Heroes, Sweeney Kilian, Johnny 2 Fingers & the Deformities
McKully's, 2226 Dewdney Ave

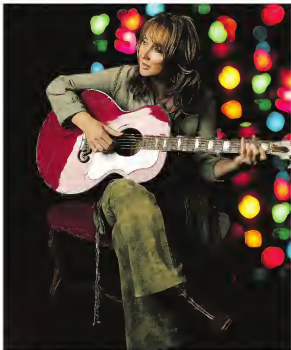
Friday, June 13

Jazzfest free stage
Afternoon, Victoria Park

The Montagues
McKully's, 2226 Dewdney Ave

Queen City Beat
The Exchange, 2431 Eighth Ave.

Pam Tills and Lorie Morgan
Casino Regina Show Lounge
1610 Saskatchewan Dr



Pam Tills returns to Regina on Friday, taking the stage at the Casino Regina Show Lounge

Jeffrey Stoker
8:30 p.m., Ramsdale Hotel, 1618
Victoria Ave

Hand On!, Pulverwith
Artful Dodger, 1631 11th Ave

Saturday, June 14
Jazzfest free stage
Afternoon, Victoria Park

The Montagues
McKully's,
2226 Dewdney Ave.

The Old 21
The Lincolner, 4329 Gordon
St.

Queen City Beat
The Exchange, 2431 Eighth
Ave.

Alexander Brown Quintet
8:30 p.m., Ramsdale Hotel, 1618
Victoria Ave

Sunday, June 15

Brunch Outbreak Trio
11 a.m., Ramsdale Hotel

Jazzfest free stage
Afternoon, Victoria Park

Andino Burns, Inka Project
Jazzfest, Ramsdale Hotel, 1618
Victoria Ave.

**The Tequila Mockingbird
Orchestra**
The Exchange, 2431 Eighth
Ave.

**Johnny 2 Fingers & the
Deformities, Mother Night,
Hawens**
Artful Dodger, 1631 11th Ave

Monday, June 16

Monday Night Jazz & Blues
Shane & Ethan Beach
Sunbucker, 2204 Dewdney

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit
Centre, 306 Queen-Ge-Coll
Blvd., 306-550-3993

Open Mic
Artful Dodger, 1631 11th Ave

Tuesday, June 17

Mardi Jam
Artful Dodger, 1631 11th Ave

VISUAL ART

Essence of Place
The Artists of Scott Nicholson
Fine Arts
New exhibitions quarterly
First July 31: Regina Centre
Crossing, 1631 Albert St

EVENTS

Pop-Up Downtown

A series of solo like art exhibits in Regina's downtown. June 12, noon-6 p.m.: Walking Tour (meet at the Creative City Centre, 1644 Hamilton St.). June 13, 5-7 p.m.: Walking Tour and reception (meet at Gilmore's Games, 1639 South St.; snacks by Gilmore's).

Canadiana

What does it mean to be Canadian? Works by Canadian artists including Asperin in Kanderline, Dorothy Skowles and Ernest Luthi. UNTIL June 14, Maclean Art Gallery, 3435 Albert St.

Amelie Atkins: we live on the edge of disaster and imagine we are in a rescue!

Video installation highlighting the work of freelance filmmaker Amelie Atkins. UNTIL June 16, Maclean Art Gallery, 3435 Albert St.

You Are What You Respectably Do

New work by Antiochian Ink UNTIL June 15, The Hague Gallery, Creative City Centre, 1644 Hamilton St.

Where's Arafat of People, Oranges and Green?

The formalist aesthetics of the modernist movement of the 1960s are being reconsidered by female Canadian artists at various stages of their careers. This group exhibition brings together new works by artists from across Canada. UNTIL June 20, Dunlop Art Gallery — Central Branch, 2381 12th Ave.

Joy Walker Unleashed

Toronto artist Joy Walker's unique work for Central Library's next-reading window explores line, geometry, pattern and elements of chance using wireless media. UNTIL June 20, RPL Central Branch, 2381 12th Ave.

Shelle Korman: Light, Camera, Action.

UNTIL June 26, Assimble Gallery, 2266 South St.

Geri Ann Shelle Patterson After Nature

New encaustics on wood and paper. UNTIL June 28, Mystery Gallery, 2706 13th Ave.

Sweet Tooth

With a seemingly light-hearted approach to art, Jefferson Little brings a level of serious contemplation about the moments and experiences that resonate through our lives. UNTIL June 29, Slote Fine Art Gallery, 2076 Halifax St.

Art Is Bloom

Works offer a variety of texture, colours, patterns, and materials. UNTIL Aug. 24, Maclean Art Gallery, 3435 Albert St.

Mary Pratt

A five-decade retrospective which celebrates the renowned Newfoundland and Labrador artist. UNTIL Aug. 24, Maclean Art Gallery, 3435 Albert St.

Art Gallery of Regina Neil Kallow: Civic Arts Centre, 2420 Cloisters St.

Open daily, 1-5 p.m.

Naum Gabo

2164 Albert St. Open Tuesday to Saturday, 10 a.m.-5 p.m.

Debian of Gift and Fine Arts Oil and Ink paintings by Chinese artists Lingao Jiang and Huanyi Tian.

2312 Swift St. Open Monday to Saturday, 10 a.m.-5 p.m.

COMEDY

The Laugh Shop

Live standup every Saturday night, 9:30 p.m. Komada Hotel, 1816 Victoria Ave.

PERFORMANCE

We Can't Get These From Here

Rudine Little Theatre June 8-14, Regina Performing Arts Centre, 1077 Argyle St.

2 Flavors 4 Hands

UNTIL June 15, Globe Theatre

How to Give Feedback

Workshop for poets and performers. Every Thursday, 7-9 p.m. Creative City Centre, 1644 Hamilton St.

Vortroped: The Sounds of Noise

UNTIL June 13, Applause Dinner Theatre, lower level, 1970 Broad St.

DANCING

Salsa on the Plaza with Regine Salazar

June 13, 7-11 p.m. City Square Plaza.

Lynette Bosch: Camp barn dance

Spring fundraiser featuring Lynette Bosch and Geri Little. Lunch served at 10:30 p.m. Call 308-588-9560 for tickets. June 14, 7 p.m.-midnight, Glencairn Theatre, 2626 Dewdney Ave. E.

Dance with Class

Rider Hyde Dance. Wear green. Open to everyone. \$18. June 14, 8 p.m.-midnight, 1625 Winnipeg St.

Retro Dance Party

Every Sunday. McNally's, 2228 Dewdney Ave.

Operation Swing — Lessons and dance

June 17, 6:45-10 p.m. The Eagles Club Hall, Osler St.

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LEADER-POST

EVENTS

#PRIDE WEEK

Wednesday, June 11

Buckets of Pride

Drink specials all night.
5 p.m., Q Nightclub and Lounge, 3070 Broad St.

Milk

Based on the inspiring true story of Harvey Milk, a middle-schooler's teacher who became a gay rights activist and the first openly gay man to be elected to public office in the United States.
6:45 p.m., RPL Film Theatre, 233 12th Ave.

Pride Poetry Slams

A queer-themed battle of words and wit. Props and costumes allowed. Free.

Featuring local/season-based performers/artist Ryan Birchmore.
7:30 p.m., Creative City Centre, 1843 Hamilton St.

Pink Rock Pride

Henna MantraHaus makes glittery grunge music with extra shimmer and maybe some wine.
9 p.m., Q Hotel's Pub, 1847 South St.

Thursday, June 12

Gender Info Fair and Coffeehouse

Show your experience of gender through spoken word, music, dance, or other forms of expression.
7 p.m., Unifrance Centre, 2700 College Ave.

Koreana

Belit out your favourite Pride anthems — your first song gets you a free drink.
9 p.m., Q, 3070 Broad St.

Friday, June 13

Berbecus

5-6 p.m., Q, 3070 Broad St.

The White Party

Wear white and dance to DJ music.
8 p.m., Q, 3070 Broad St.

Saturday, June 14

Pride Parade

Dress up and join in the parade.
Lineup 11 a.m., start noon.
In-SCCP parking lot, 13th Avenue and 50th Street.



Show your pride during Saturday morning's parade. GET THE PHOTO BY MICHAEL BELL.

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EVENTS

OUT in Victoria Park
Enjoy performances by DDIO-ZE, Vercos Cardul, Hello Lady and others. Beer garden, marketplace, bachelorette, children's area and more.
1 p.m., Victoria Park, downtown

Wednesday Luppets At-Res Honor
You Nine women, each with their own drum kit, will form a triangular focus as Luppetsw leads them through three intense sessions of drumming and chanting. It's a public declaration of feminist alliance with queer communities, claiming a space.
June 16, 2-3:30 p.m., Victoria Park, downtown

Pride Afterparty
DDIO-ZE DJ's
9 p.m., The German Club, 1727 St. John St.

Let Them Eat Cake drag show
A night full of drag splendour — lavish outfits, drag entertainment, great drink specials and cake.
10 p.m., Q basement, 3070 Broad St.

Paint Party
Paint the town red, paint your face, paint a picture! Then dance the night away!
10 p.m., Q, 3070 Broad St.,

Sunday, June 15

Reggie Reel Association of Reggie Barbecue
3:30 p.m., Q, 3070 Broad St.

Deck Party
5 p.m., Q, 3070 Broad St.

OTHER HAPPENINGS

Starline and Satellites
Yoga in the Park with Yoga Mike.
June 12, noon-1 p.m., Victoria Park, downtown



Not once did these young adults pose on Wednesday at Victoria Park. AP PHOTO

Reggie Farmer's Market
Wednesday and Saturday 9 a.m.-1 p.m., City Square Plaza, downtown

SCMP Sergeant Major's Parade
Weekdays, 10:45 p.m. RCMP Depot Division, 5600 18th Ave.

Yoga Party
Hosted by David Tree Yoga.
June 11, 5-6 p.m., Victoria Park, downtown

Sepak Takraw in the Park
Hosted by Sepak Takraw Association of Saskatchewan

June 11, 6:30-9:30 p.m., Victoria Park, downtown

Growing Reggae: Building an Action Plan for the Local Food System
June 11, 10-11:30 a.m. and 5-7 p.m., Core Witch Centre, 443-14th Ave.

The Art of Nature Photography
Bring your own camera.
June 11, 6:30-8:30 p.m., RPL, Santee Branch, 3100 E. Woodburn Dr.

The Sound of the Mangle

Artist Bonnie Chapman will lead you through the spiritual and technical processes of creating a mangle.
June 12, 6:30-9:30 p.m., BPL, Depot Place Branch, 321 Albert St.

Reggie Reel Sex vs. Let's Ride
June 12, 7 p.m., Currie Field

Reggie Reel Sex vs. Let's Ride
June 13, 7 p.m., Currie Field

Western Canada 3 Prints Championships of Sewing
June 14, 6 a.m.-5 p.m., Wessona Lake

Culture on the Plaza
Regina Multicultural Council presents dance and performance.
June 16, noon-4 p.m., City Square Plaza

Saskatchewan Roughriders vs. Ottawa Redblacks
June 16, 5 p.m., Mosaic Stadium

Tai Chi in the Park
Hosted by Regina Tai Chi Society.
June 12, 10-11 a.m., Victoria Park

Photo & Photo Show

Every Sunday, 8 and 10 p.m., CHOWARTS, 1647 South St.

Disc Golf in the Park
June 12, noon-1 p.m., Victoria Park

Reggie Reel Sex vs. Yorkton
June 12, 7 p.m., Currie Field

Chess in the Park
Chess games and lessons.
June 10, 11 a.m.-2 p.m., Victoria Park

Ultimate Frisbee
June 10, noon-1 p.m., Victoria Park

EVENTS

ClueDay Challenge

Deep in gathering of board game enthusiasts.
Every Tuesday, 6 p.m.-midnight
Baldwin Plaza, 545 Albert St. N.

FOR FAMILIES**Stares and Strollers**

Wednesday, 1 p.m.
Chapleau Odette Southland Mall, 3025
Gordon Rd

Roku A Difference

Combat bullying through bullying
spread kindness with a cookie
Wednesday, 5-7 p.m.
Sweet Ambrosia bakehouse, 232
Weybridge St. W.

Drop In Indoor Playground

Friday 9-11 a.m.
South Union Centre, 175 Sunwest Dr.

Men and Tod Bored Meetings

Hosted by Kate Murray, 206-266-3251
Friday, 10-11:30 a.m. Early Learning
Family Centre, South College Plate, 3330
7th Ave.

Schools Out

June 13, 1:30-2:30 p.m.
Royal Saskatchewan Museum, 2445
Albert St.

Build and Grow Children

Build a special feature project. For
children ages 5 and up.
Saturday, 10 a.m.
Lewes, 4505 Gordon Rd.

Family Favorites Film

Enjoy a favourite film for just \$2.50.
Saturday, 11 a.m. Galaxy Cinema, 420
McCarty Blvd. N.

Family activities

Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2933
Powerhouse Dr.

Family Studio Sundays

2-4 p.m.
MacKinnon Art Gallery, 3470 Albert St.

The Great Bookshelf: A Community

Find a book like the book spine of
your choice for a super-sized outdoor
bookshelf!
June 14, 1-3 p.m.

RP, Sherwood Branch, 8121 Northdale
Blvd.

Parent and Preschooler Jungle Gym

Monday, 9:30-11 a.m.
A: 888-4th Family Wellness Centre,
445 14th Ave.

Science Time For Kids

Interactive workshop aimed at early
elementary.
Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2933
Powerhouse Dr.

Exploration Days in the Park For Kids

For kids ages 3 to 12. Call 306-359-
1547 to register.
June 17 — Crafts and Activities with
the Saskatchewan Science Centre
9:30-10:30 a.m., Victoria Park.

4 FILM**Nymphomaniac Volume 1**

Jane (Charlotte Gainsbourg) is a
self-diagnosed nymphomaniac. On
a winter evening, charming bachelor
Selvigman (Stellan Skarsgård) finds
her beaten up in an alley and brings
her home to care for her wounds.
Then her story unfolds. Also stars
Shia LaBeouf as Jerôme.

Nymphomaniac Volume 2

The continuation of Jane's sexually
dictated life delves into the darker
aspects of her adulthood, obses-
sions and what led to her being in
Selvigman's care.

Now to the Wings on a World

Documentary
Kevin Spacey, Sam Mendes and
the Bridge Project Company reveal
some of the most intimate moments
behind the scenes of their staging of
Richard III.

La Ultima Película

Documentary
American filmmaker Alex Ross
Perry travels to the Yucatán with
Mayan guide Gabino Rodriguez to
seek teachers for his last movie to
be shot on celluloid, as the Mayan
Asoyotzque Indians continue. In English
and Spanish with English subtitles.



We're crossing our fingers that 24 Jump Street sequel has going as its producer. Clanking team and tough hit race. JEFFREY

Noted by Morgan Freeman

Regina Parks Library Theatre
111 12th Ave., 306-777-6454
—
Fight of the Butterflies
Documentary
Join hundreds of millions of but-
terflies on an amazing journey to a
remote highway in the mountains
of Mexico.

NEW MOVIES**22 Jump Street**

Comedy
Thanks to the success of officers
Jenko (Channing Tatum) and
Schmoet (Josh Harts), who took down
a drug ring, the police keep the Jump
Street program going. Since the
Koreans bought back their church at
21 Jump Street, the program's head-
quarters moves across the road.
Jenko and Schmoet go undercover at
a local college where, in addition to
cracking the case, they have to learn
to have a mature relationship.

How to Train Your Dragon 2

Family
While Astrid, Snotlout and the rest of

the gang are challenging each other
to dragon races, the new impos-
sible pair of Hiccup and Toothless
journey through the skies, charting
unmapped territories and exploring
new worlds. When they find a secret
tip over that is home to hundreds
of wild dragons and the mysterious
Dragon Rider, the two friends find
themselves at the centre of a battle
to protect the peace.

Galaxy Cinema
420 McCarty Blvd. N.
306-522-9098

Chapleau Odette
Southland Mall Cinema
3025 Gordon Rd. 306-343-3323

Reinbow Cinema
Golden Mile Shopping Centre
3006 Albert St. 306-358-3255

David Delaney is a film community advisor
affiliated by CP. Listings will be posted if space
permits.



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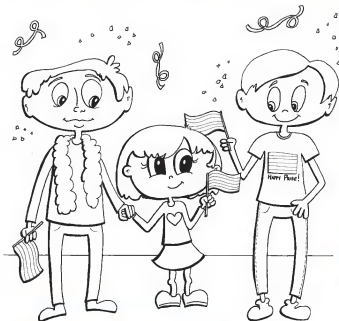
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OUTSIDE THE LINES



Colouring contest

Each week, artist Stephane McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to op@leaderpost.com.

One winner will be chosen each week. Please send high resolution pictures and include the child's name and contact information.



Last week's OPC colouring contest winner was **Danien Chermick**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

- 1 There have bright words
5 American
11 Topper
14 Drop ____ (start to sleep)
17 Landing in harmony
18 Where together a defense made
19 So Mathew into words
19 It has
20 ____ rous
21 French verb
22 Synonym for a great debut
23 Charles on a piano
24 Lawrence with into words
26 Rival, e.g.
28 Play out of NYC
31 Search ball at subject
33 out ____ "The Boulder Bonnet" playwrt
35 Starting for many was each paintings
37 Chrysanthemum into words
40 Diamond curtain
44 Tidy ____
45 When doubled a little bit at the
46 ____ Goss

DOWN

- 1 Promoting
3 Where the action
5 Scored last before winning a game say
6 Unpaid
7 British rule in India
8 W.W. is concerned
9 Small suburban Val
10 Like granite and perfume
11 Goggles sometimes?
12 Like some words
13 Get moving
14 "Milk and sugar"
15 Little between teams and uniform
16 Smooth
22 Personal aside
23 Through with
24 Free-wheel
27 Command in line
28 Profit handed
31 Goss and Green
32 Cambridge rule
34 Regulator
36 Ship operators in a cold saying
37 Traffic with next to word
38 "The day is broad of the eye" go into words
39 Motion
40 Rules for items
41 Like Roder "The Thunder"
42 State, e.g.
43 Words together
44 Response to customer's order
50 Model founder tobacco
51 Special edit
52 19 Star
53 Tampa newspaper
54 Galt
55 May be luxurious
56 Special ____
57 Name Mississippi author LAST
58 French CD holder
59 In in words
60 "I" ____ (not by the letters)
61M looking side

PUZZLE BY KIMBERLY BROWN

JAMNIG
CLASSIC
SUDOKU

Level: Beginner

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from Beginner (easiest) to Devil (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 35.

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GARDENING

GARDENING IN SASKATCHEWAN

Ground covers for dry shade: Part 1

By Sara Williams

Mention "ground cover" and many gardeners usually turn up if they've had experience with the frosty spreading potpourri and ribbon grass.

Yes, some literally, ground covers are plants that cover ground — often aggressively and without inhibition. But in the right location, ground covers have many and varied functions. One is to solve landscaping problems rather than to create them.

One problem area that can be solved with ground covers is dry shade — a north side of a building that can't be irrigated, or the recent removal under the shade of a spruce tree. These areas are not used as lawns may be inaccessible, and yet may be visible and in-view. But the right ground cover will survive with little maintenance and provide interest through colour and texture.

To improve your chances of success start by amending the planting holes with organic matter. Mulch thoroughly between the plants and water deeply through their first growing season. Once established, they should do just fine in dry shade.

Here are some proven hardy ground covers to consider:

Woodflower (*Anemone sylvestris*)

Produce pure white fragrant flowers in spring but attractive dark blue-green foliage divided into three to five distinct lobes. They are 30 to 45 cm high and easily propagated by division. The double-flowering form *Flora Plena* is somewhat shorter with flowers resembling a cactus rose. In spite of its showy appearance, it is as tough as the single form.

Bergenia or pig squeak (*Bergenia cordifolia*)

One of the most adaptable ground covers for the perennials, equally at home in sun or shade and with or without water. Small, bright yellow

rose that's the second one here if the leaves are rubbed between one's thumb and forefinger. The large round leathery leaves, 20 to 30 cm in height, remain attractive through out the growing season, turning a purple-red in the fall. Small, waxy pink flowers are produced on short spikes in the spring. It was much appreciated by Gertrude Jekyll, the British landscape designer who helped reavert the modern perennial border, and it became known as her signature plants.

Bunchberry (*Cornus canadensis*)

A dwarf dogwood native to the boreal forest where it forms an understory below trees. It produces white flower buds followed by red berries. The evergreen foliage turns reddish in the fall and persists over winter. Only 15 cm tall, it's a perfect ground cover for a small space. It will perform better with moisture, but once established will persist if competition from other plants is not too great.

False Solomon's seal (*Silene acaulis*)

Amazingly drought tolerant if put to the test — as I found when I accidentally moved one to an area that is never watered. White, starlike flowers are produced in early May. Only 30 cm tall, the light green leaves turn golden in fall.

Siberian barren strawberry (*Waldsteinia ternata*)

A plant that *Siberian* much goes for miserably. It's tough, good looking, hardy and adaptable to sun or shade. The common name, Siberian barren strawberry, speaks volumes: it's ruggedly hardy, barren (do not expect it to produce fruit) and its leaves resemble those of the strawberry. Only 20 to 30 cm tall, it's regarded by some as sun or shade, with or without water. Small, bright yellow flowers bloom from late spring to early summer.

Williams, indulged into the Art



Siberian barren strawberry. SUBMITTED PHOTO



Double-flowered woodflower. SUBMITTED PHOTO



False Solomon's seal. SUBMITTED PHOTO

authorial Hall of Fame in 2014, is an author with *High Summer of Gardening: Naturally a Chemist's Free Handbook for the Perennials* (for latest book, *The Siberian Perennials: From Park & Rose: A Photographic History*

will be released shortly.

This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca, norbert@psosk.ca). Check out our calendar for upcoming horticultural events, like

the garden tour on June 15, and *Four & Less* opportunities through out the summer.

Have a gardening question? Contact GardenLine at 366-888-888 or gardenline@sask.ca

ASK ELLIE

New boyfriend may need time to recover from divorce

Q. I'm deciding whether I'm his "rebound," or if the guy's actually falling for me. He's 33, divorced eight months ago from an eight-year marriage.

We've been seeing each other a lot. He does really romantic things for me. He played a song because he wanted me to hear the lyrics — it sounded like he was giving me a message that he's falling for me.

But the other night a song came up that made him really sad, which he said related to his marriage.

He explained that unfortunately she still loves him and he's still sad about what he did (it ended due to an affair he had).

I've had trust issues before, but I don't feel anything's going on so far as he has not being exclusive with me.

He still lives in the house they built together, and is trying to sell it, but he still has a lot of her stuff around — her hair conditioner and toothbrush in the shower. He tends to mention her a lot.

Since he was cheating on her and they're divorced, and he seems really into me, why would he play a song like that to him and make him sad? Is it possible he's over her but still thinking about her? Or maybe I'm just filling the void of loneliness for him?

ASK ELLIE REBOUND?

A. Few people come out of a divorce without some sadness — whether from guilt, sense of failure, or loss of innocence. They're ready to move on, but they don't just obliterate their memories from which some things are too close to forget them.

Right months isn't a long break from his married past. He may be falling for you, but still respecting his triggers.

If you're staying over at his place, gently

Ask Ellie



ask if he'd remove her personal items from the shower.

If he continues to talk about his "ex-wife," suggest he consider counselling to get past it.

However, if he's still expressing uneasiness after six months of dating, tell him you need to know if this relationship in his rebound or for real.

Q. I love spending time with this new man. But if it's only been a month and things are moving so fast I'm already helping myself to the kitchen and cutting him "dibs," while he's breaking his teeth on front of me.

We've already said we'd both prefer that neither of us see anyone else.

I don't want to ruin something potentially good. I don't want to say I'm busy when I'm not, but he's always asking me out.

How can I put healthier boundaries on this if he's being so nice to me?

A. Just do it. You're right to be concerned.

A lay rash after activities intensely on the other person's part, which later reveals a tendency to control.

He's nice, honest, but firm. 'We mean slow down if we're to make this last. 12 weeks will seem our friends on our own and having time alone, even while dating exclusively.'

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Crossword/Sudoku answers

DAYS	RECAPS	SOT
TROU	ATIONAL	CHA
HERES	IONNNY	OWM
ENTRE	QUIT	MOOG
RAY	AGREANDATW	
LARVA	LIRP	
AMOR	END	ARLES
LIVE	FROM	NEWYORK
STEAL	SUM	MONEY
MAMA	DALLS	
AND	AWAY	FROM
POO	NICK	ELLER
AMT	IT	SHOWTIME
RAT	CRITIC	UPON
TRY	HAREMS	ISNT

8	3	2	6	5	4	7	1	9
6	5	7	9	1	8	4	2	3
9	1	4	2	3	7	8	5	6
4	2	8	1	7	6	9	3	5
3	9	1	5	4	2	6	7	8
5	7	6	3	8	9	1	4	2
7	8	5	4	6	3	2	9	1
1	6	9	7	2	5	3	8	4
2	4	3	8	9	1	5	6	7

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LEADER POST

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